

Discover the Special Olympics Fitness App



The Special Olympics Fitness App is a free, inclusive fitness tool designed to help athletes with intellectual and developmental disabilities (IDD) stay active, build healthy habits, and feel empowered in their wellness journey. The app is simple, engaging, and flexible. Perfect for use in competition, classrooms, gyms, or at home.

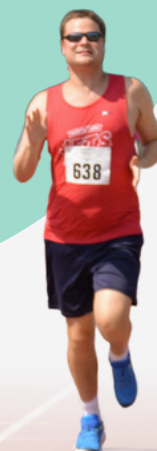
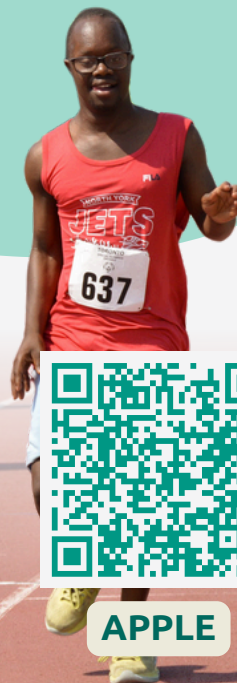
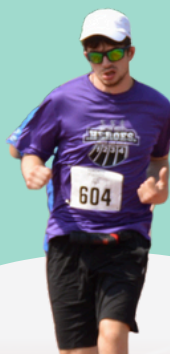
What the app offers:

- Easy-to-follow activities for all ability levels
- Videos and guides that encourage movement, social connection, and healthy choices
- Options for tracking progress and celebrating achievements
- Fun challenges to keep athletes motivated

How to get started:

1. Open the App Store (iPhone/iPad) or Google Play Store (Android).
2. Search for Special Olympics – Fitness App.
3. Tap Download or Install.
4. Open the app, create a free account, and explore!

OR Scan the QR code below and download the app today!



ANDROID



APPLE